

Body Wrap Explanation

If it is their first time in make sure to measure them.

Steps for Body Wrap

1. Measure
2. Exfoliate body
3. Wipe off exfoliate
4. Apply cream to body
5. Wrap body with cellophane
6. Have them in wrap for 30 min
7. Cut them out after the 30 min
8. Have them rub in the cream like lotion if any cream remains on body

Areas to wrap

-ankles, calves, thighs, glutes, stomach, rib cage, and upper arms.

Areas you DO NOT exfoliate or wrap

-breast tissues and face

How to measure:

- Start from the ground up
- You can use a pen, marker or highlighter to mark the body
- Have them stand hip width apart (measure 12 inches between feet)
- Measure from the floor up so you measure the same place each time
- When you mark the body always measure UNDER the mark
- When measuring the arm, start from the wrist and go up the arm
- Always measure the fattier parts of the bodies, that will lose the most inches
- Always make sure to chart information on paper

How to exfoliate

- Put gloves on
- Start from the ankles and work your way up
- You don't need a lot of exfoliator, just enough to make a glossy look to the body
- Rub in the exfoliant on body. You don't need to use a lot. Remember this is getting rid of the dead skin so it is like you are buffing the body.
- After you exfoliate take a small towel and wipe off exfoliant (this is getting rid of the dead skin cells and opening up the pores)

How to wrap with cream:

- Place a small amount of cream in the middle of chest (that is the center of the lymphatic system and get the circulation going)
- Ask if they have sensitive skin, if so use the sensitive cream
- Put body wrap cream over the areas that you exfoliate
- Use 2 ounce cup for cream
- Tell them that they will feel warm and tingling sensations on their body

How to wrap with cellophane:

- Start by making a skirt in the center of the body
- Wrap one leg at a time and make sure to give them a “butt lift”
- Wrap a little lose going down the leg then tighter coming back up
- Wrap stomach next and make sure to have it nice and snug
- When you wrap the arms always wrap “up” so that you wrap the fat up not in

Have them lay on a bed for 30 min and listen to SMT if they are on a program.

Cut them out after using only band aid scissors.

If it is their last wrap do their after measurements.

Tell them not to shower for 8 hours, the cream works up to that long.

Remind them to rub in cream like lotion all over their body.

Tell them not to sweat for the next 8 hours because it will reverse everything we just did.

Lipo Explanation

If it is their first time in make sure to measure them.

*Prep: Make sure to tell the patient not to eat 2 hours before or after treatment.

How to measure:

- Start from the ground up
- ALWAYS use a highlighter when measuring; NEVER use a pen or marker. When you measure with a dark pen or marker the lipo light gets attracted to that one spot.
- Have them stand hip width apart (measure 12 inches between feet)
- Measure from the floor up so you measure the same place each time
- When you mark the body always measure UNDER the mark
- Always measure the fattier parts of the bodies, that will lose the most inches
- Measure only the area that are getting lipo treatment done
- Always make sure to chart information on paper

Placement of lipo pads:

- Ask them what area of the body they want it on, it's usually what they want to work on more
- Tell them that Lipo can only be done in the same area. For example if they want the lipo on their stomach and they have 6 sessions, the entire 6 sessions need to be on the stomach in the same area
- Make sure pads are placed on the skin, it can't be over clothes

*You can lipo any part of the body, EXCEPT breast tissues and over eyes.

Have them on the lipo treatment for 25 min.

If it is their last lipo make sure to get the final measurements.

Always have them do the Whole Body Vibration after their lipo treatment.